



Tools For Action

A sample of physical education initiatives in Wisconsin

Challenge of the month

Contact Information

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Program Information

Program Name
Challenge of the month
Program Category
Creative or innovative assessment techniques
Grade Level
High School (9-12)
Assessment Method

Program Information

Products Developed or Materials Used:

Program Description:

Once a month in my strength class I put up a new challenge for the students to try. If they achieve the challenge they get their name up on the wall and win a prize. Some examples of challenges are: Pull ups, push ups, flexibility, bench press, squats, iron man (series of continuous lifts for endurance) and the list goes on.

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

or contact staff at: Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)
Morgaig@dhfs.state.wi.us (Jon Morgan, Physical Activity Coordinator)
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